

WWCornbread muffins50

Number of Servings: 50 (66.17 g per serving)

Amount	Measure	Ingredient
4 1/2	cup	Cornmeal, yellow, whole grain
6 1/2	cup	Flour, whole wheat, whole grain
5 1/2	Tbs	Baking Powder, double acting
13.00	Tbs	Sugar
10.00	ea	Eggs, whole, raw, lrg
4 1/2	cup	Milk, 1%, w/add vit A & D
13.00	Tbs	Oil, veg, pure

Nutrients per serving

Nutrition Facts	
Serving Size (66g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 210mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 5g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Combine dry ingredients in mixer bowl. Blend on low speed, using flat beater.

Combine eggs, milk and oil: add to dry ingredients. Mix on low speed only until dry ingredients are moistened.

Pour into greased baking pan (s) or use # scoop to fill muffin tins. Bake at 350 degrees F for 15 minutes(muffins) to 35 minutes(or less depending on pan size) . Cut into # of pieces to = yield of recipe given above.

Each muffin/piece = 2 grain servings

26 grams CHO = 2 Carb servings